BCSARA CISM program

February 2016 SARVAC Conference
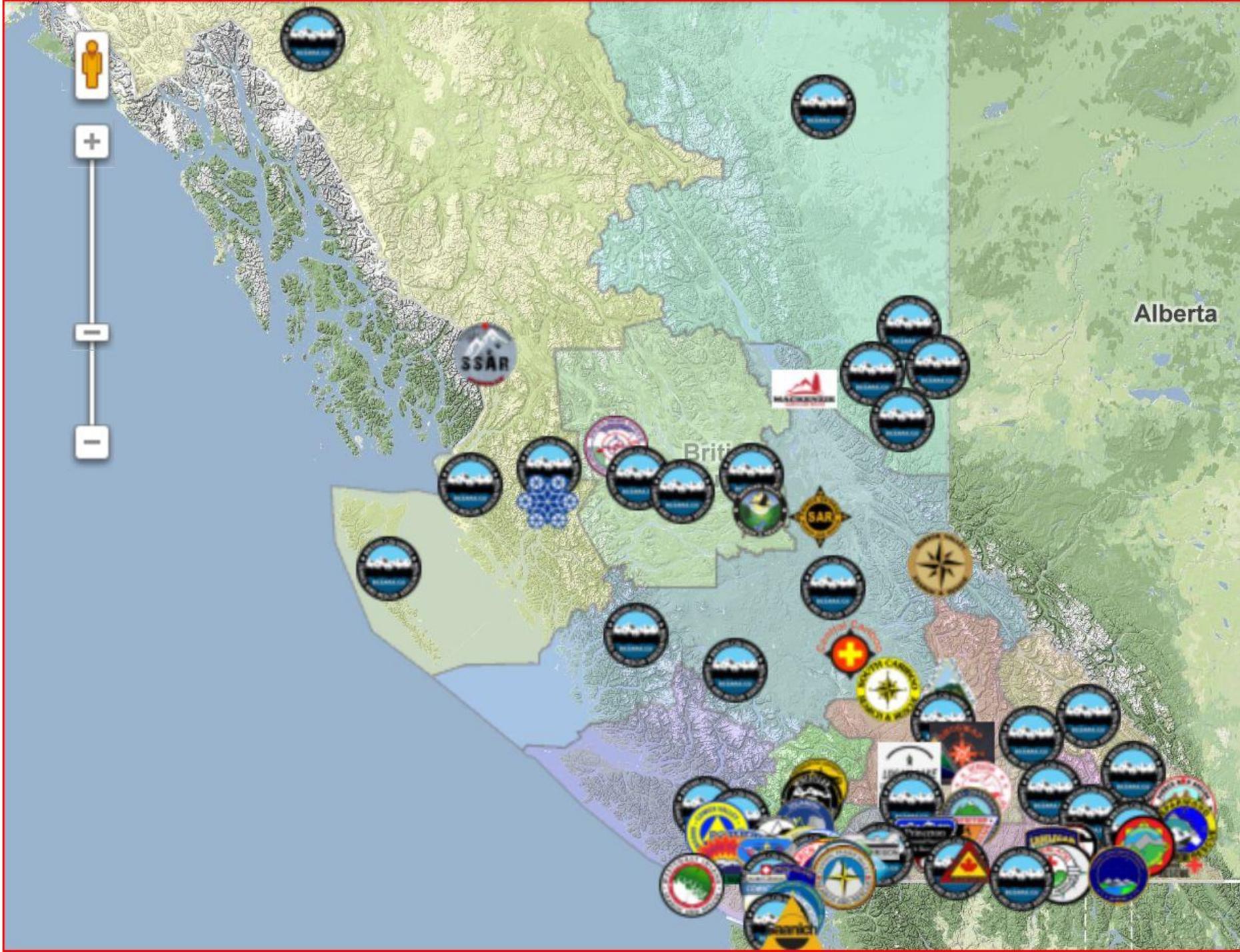
CISM team began providing supports in **2007** with the support of BCSARA and EMBC

Program components

- Certification of peers

- Annual on-going training

- Education and awareness sessions for the 80 SAR teams
  - Each team needs session once every 2-3 years

- Interventions

- Follow up

Certification

- Provided by **International Critical Incident Stress Foundation** instructors

- Two main courses:
  - ICISF Individual Crisis Intervention and Peer Support
  - Group Crisis Intervention training

- **4 days of initial training**
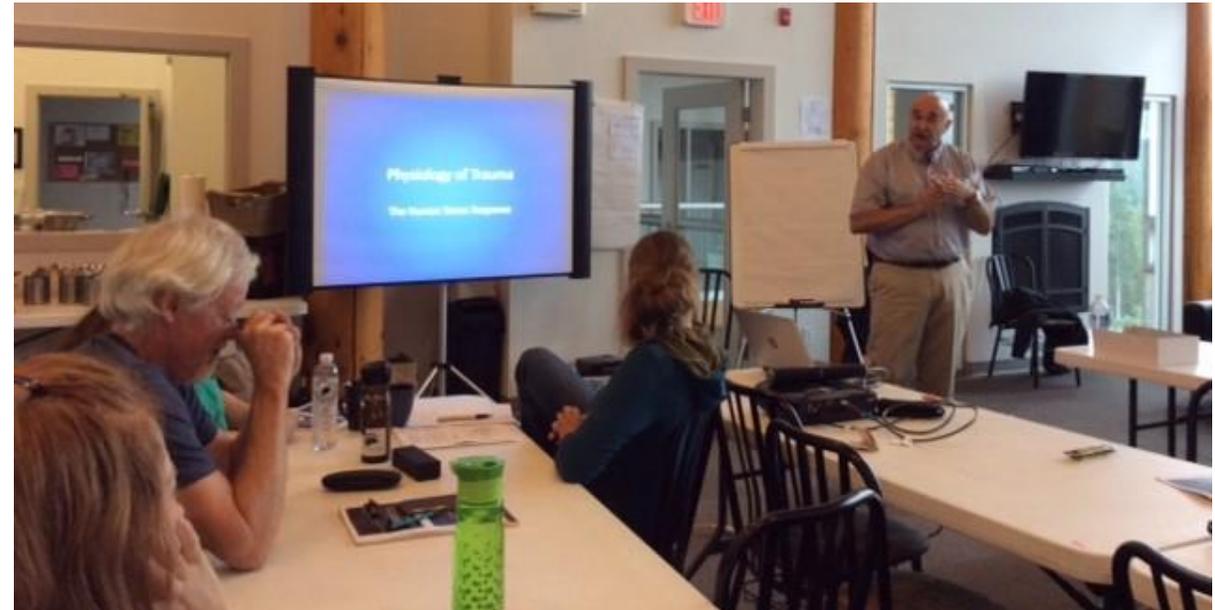
Requirements to be a peer

- Active SAR volunteer for a minimum 1 year, preferably more*
- Be recommended by their SAR team and successfully interview with current CISM peers
- Complete initial training
- Probation for 1 year
  - must be active in monthly conference calls and in training
  - participate as observer and assistant during interventions
  - deliver education and awareness sessions
- Maintain training, deliver education/awareness sessions, active involvement in program

Current Members

- Currently **22 active peers**; program uses ongoing recruitment and selection with a priority given to SAR volunteers who have ICISF training

- Attrition and retentions rate very similar to SAR volunteers in other disciplines

Training

- Peers currently have 2 face to face annual training weekends

NORTH

KEEP CALM AND CISM ON

Kootenays
Okanagan

KEEP CALM AND CISM ON

Lower Mainland
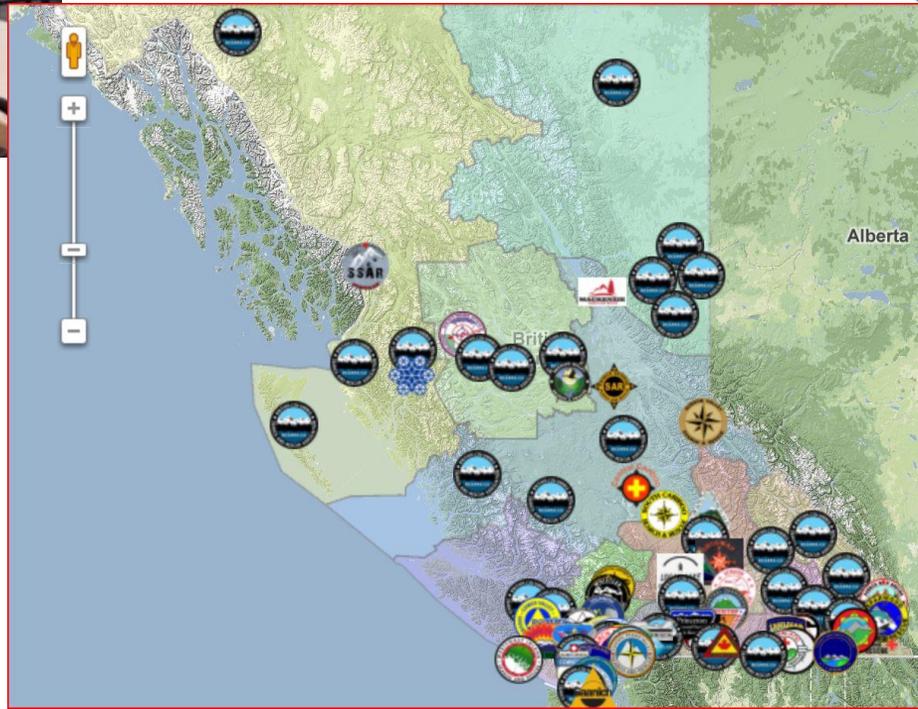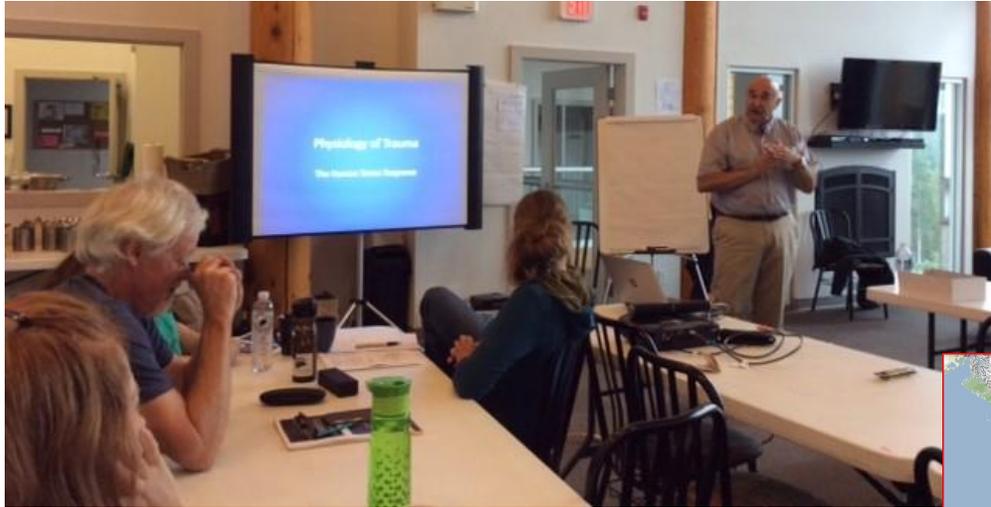
KEEP CALM AND CISM ON
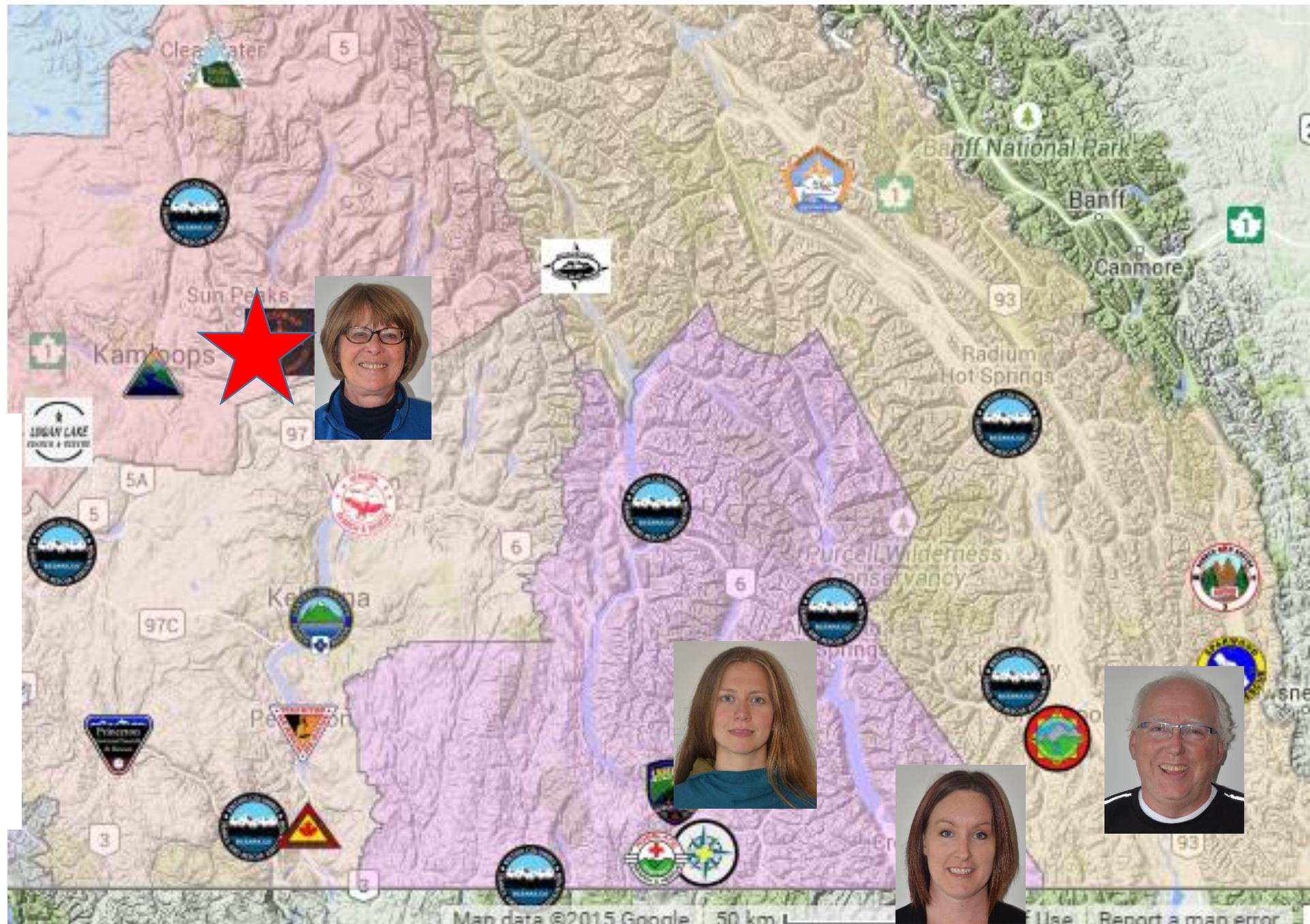
Vancouver Island
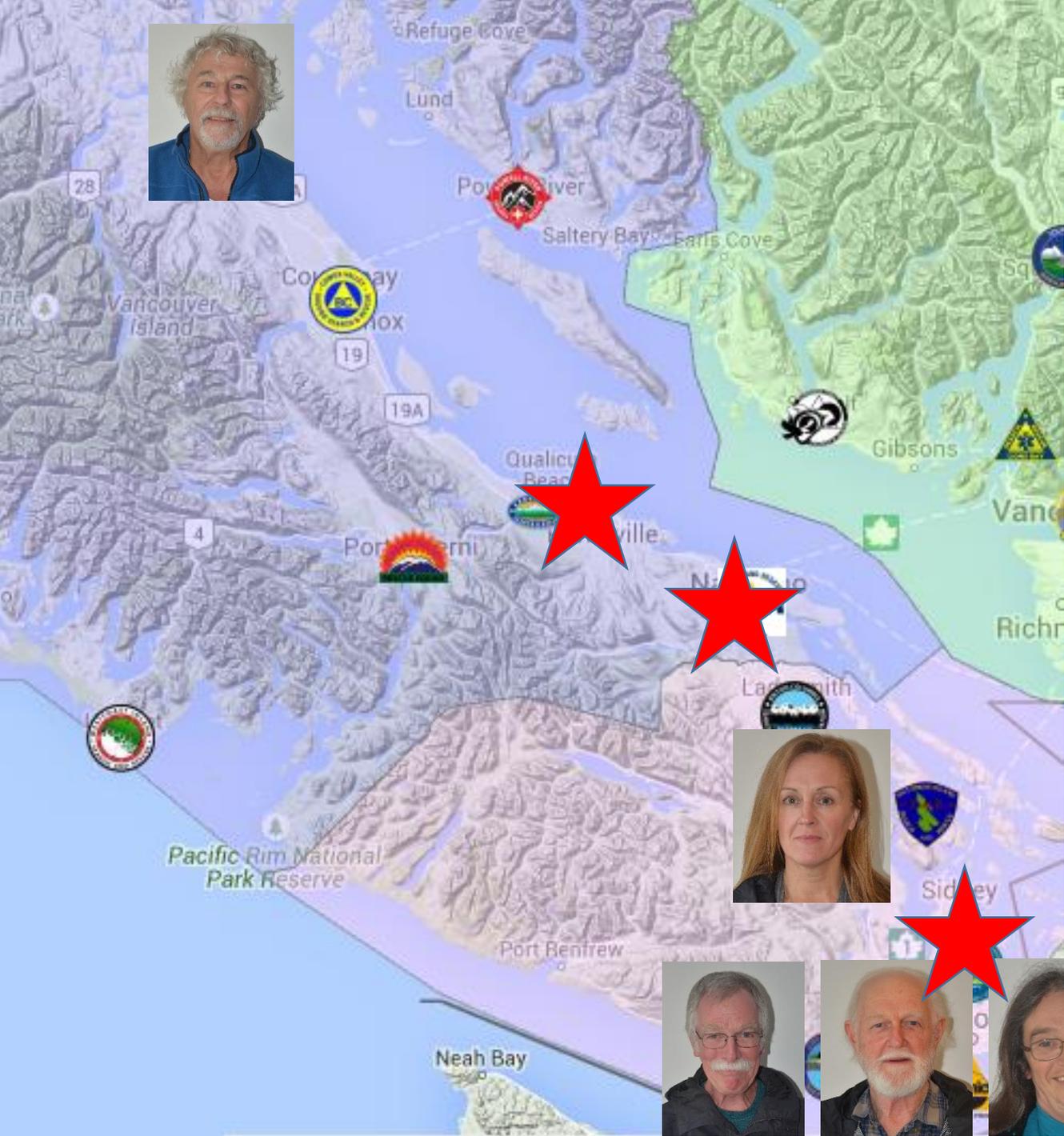
Education & Awareness sessions

- Ideally **happen every 2-3 years** for each of the 80 SAR groups

- Each peer is given geographically appropriate teams to present to

- Best practices
  - **Include spouses, partners, significant others** in the presentation
  - Happen **after a new intake** of SAR volunteers – critical
  - After a **significant incident**

EDUCATION & AWARENESS SESSIONS ARE FOUNDATIONAL TO BUILD RESILIENCY FOR SAR VOLUNTEERS

Interventions

- ICISF trains peers with **6 main interventions**

  - Defusings
  - 5 step debrief
  - 7 step debrief
  - 1 on 1 session
  - Crisis management briefing
  - Demobilization

FOLLOW UP IS PROVIDED ON A "AS NEEDED" BASIS FOR ALL GROUPS AND VOLUNTEERS

KEEP
CALM
AND
CISM
ON

Statistics – historical numbers

CISM team incidents and interventions
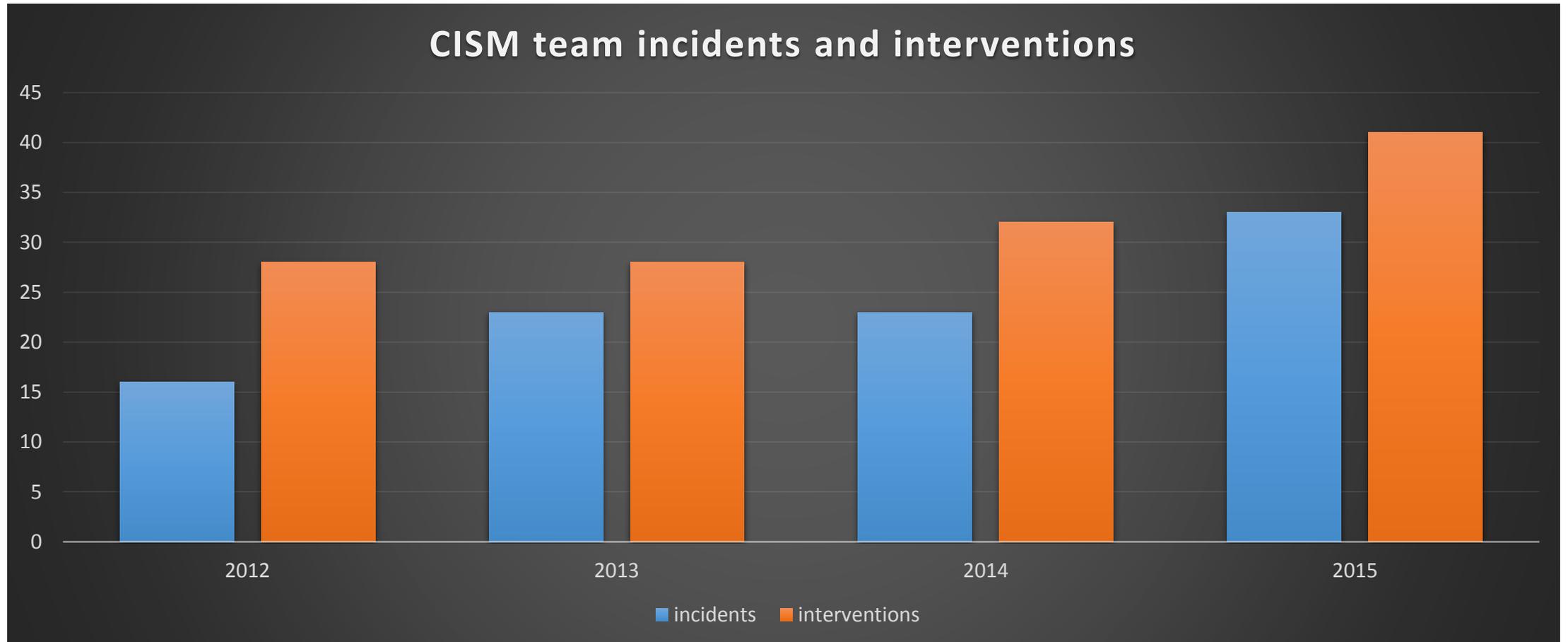
Statistics – breakdown of callouts 2015

TYPES OF SAR CALLOUTS THAT RESULT IN A CISM PROGRAM REQUEST

suicide
26%

other
3%

near miss/line of duty injury
3%

high profile
11%
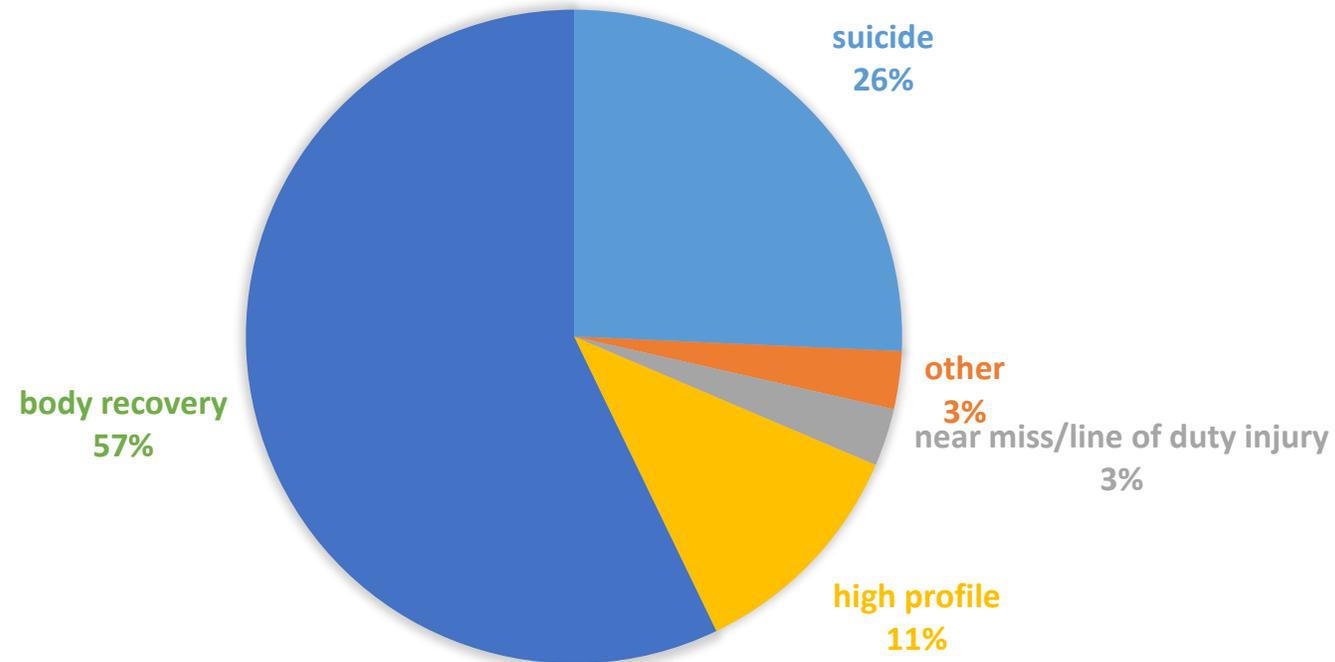
body recovery
57%

of teams & volunteers supported by year

of teams
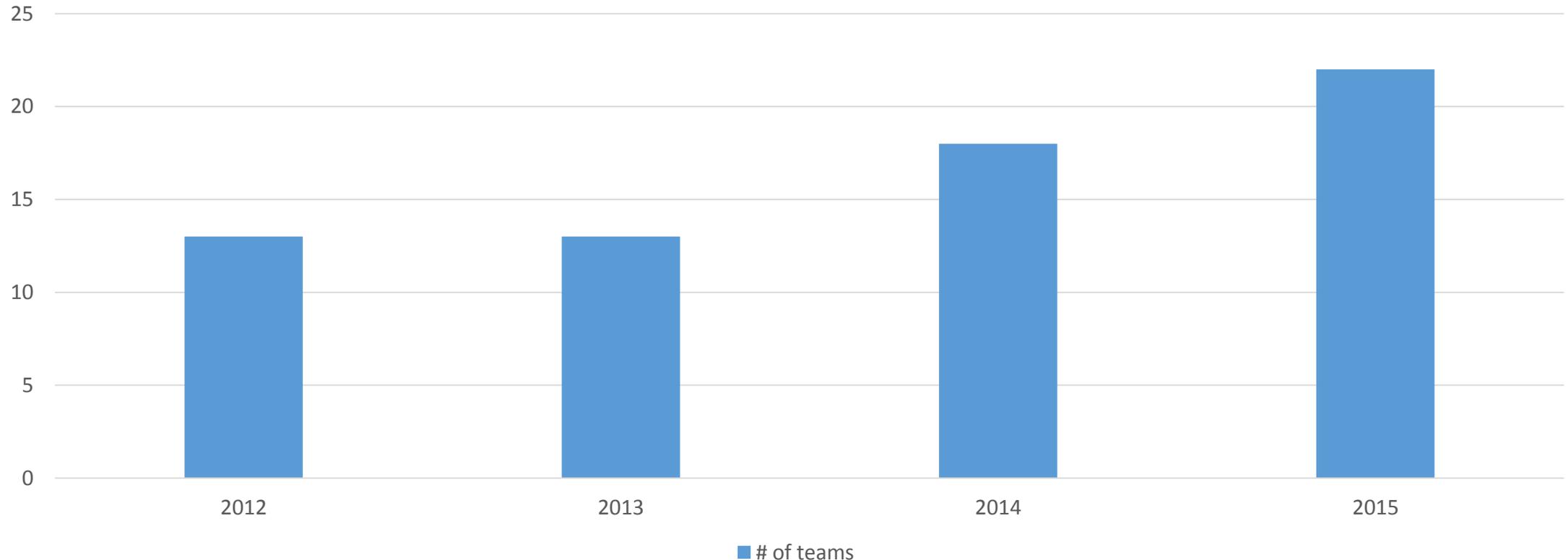
# of volunteers supported in 2015: 295

Observable trends

- Increase in call outs where search subject completes suicide in a wilderness setting

- Increase in body recoveries by SAR groups

- Increase in rescue calls involving serious injuries for the subject

QUOTES FROM THE FIELD

"I cannot begin to express my thanks to the dedicated group of CISM volunteers who ensure SAR members around BC are able to...continue serving our communities."

COME HOME SAFE

IT'S NOT JUST THE SUBJECT THAT RELIES ON YOU

RADeMS
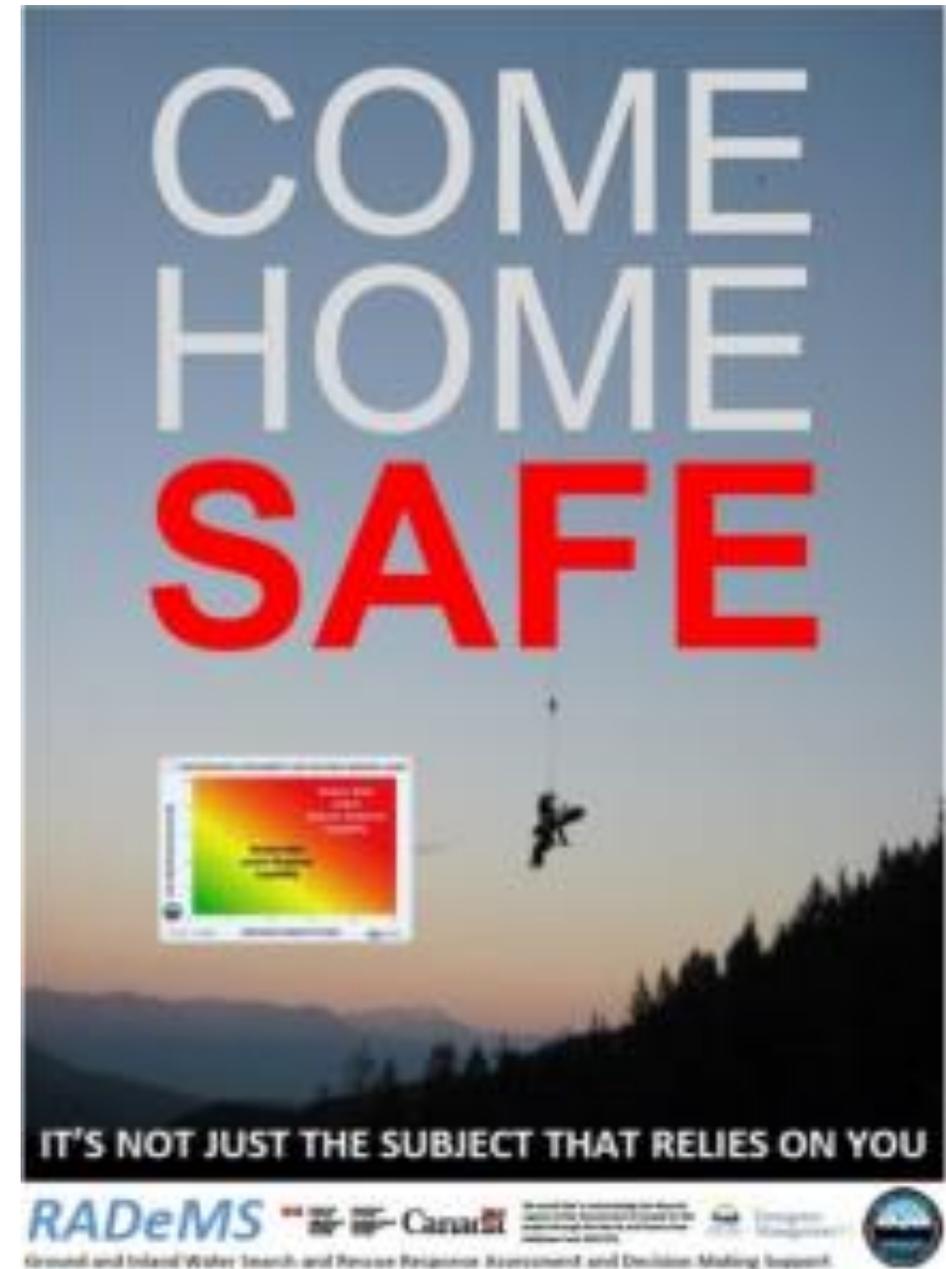
Observable trends

- Groups that have regular education and awareness sessions use CISM program more frequently

- As SAR callouts increase, CISM peer call outs also increase

SEARCH AND RESCUE INCIDENTS
1991/92 TO 2014/15
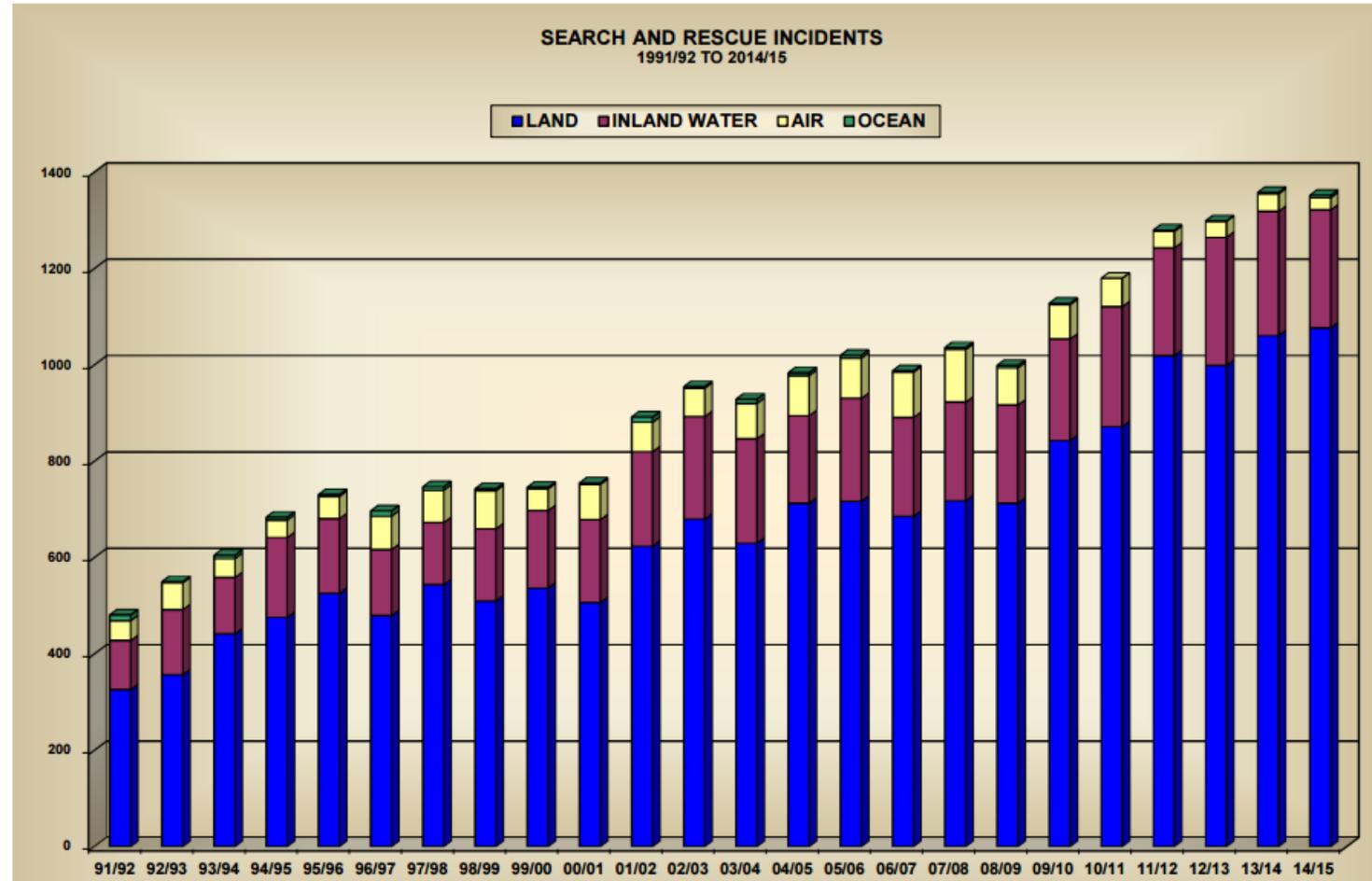
Examples where CISM peers supported SAR volunteers

SAR Family Members Flock to Nelson to Honour Sheilah Sweatman

July 24, 2011

Nelson Daily - Rescue members from Golden to Grand Forks and Smithers to Seattle, Wash., flocked to Nelson Saturday to pay tribute during a memorial service for Ymir resident Sheliah Sweatman. Sweatman, a member with the Nelson Search and Rescue, died in late June after being swept down the Goat River near Creston while members of a swift water rescue team attended the scene of a submerged vehicle.
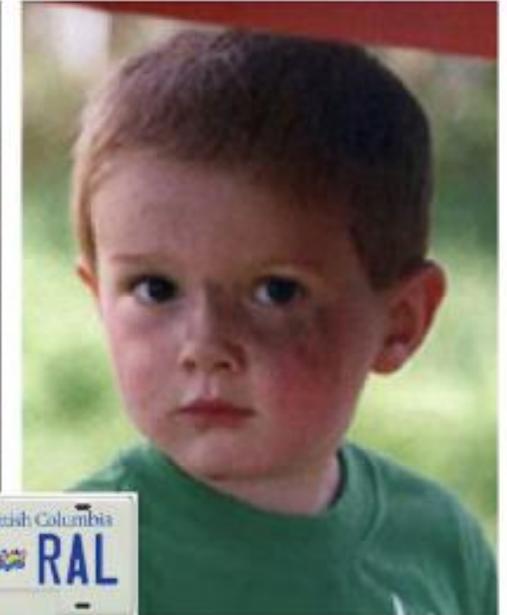
RANDALL HOPLEY   **KIENAN HEBERT**

Possible sighting of Forty-six-year-old Randall Hopley in Kamloops. He is alleged to have abducted three-year-old Kienan Hebert from his home in Sparwood earlier this week. — *Image Credit: RCMP*

...ress

...2011 at 2:00 PM — *updated* Nov 1, 2011 at 3:00 PM

...ember 6

...en. Kienan Hebert was put to bed in his home in Sparwood.

...eptember 7

...a.m. Kienan is discovered and reported missing by his parents.

9:10 a.m. Search begins immediately. Police consider Amber Alert almost immediately, but did not have the information to meet the threshold. RCMP call Search and Rescue.

Rachel Webber's Body Found After Johnson's Landing Landslide

CP | By The Canadian Press

Posted: 07/26/2012 1:24 pm EDT | Updated: 09/25/2012 5:12 am EDT

| 0 | 0 | 0 | | 0 |

f Share Tweet Pin it Submit Comment Print

THE CANADIAN PRESS 🍁

JOHNSONS LANDING, B.C. - Rescuers have recovered the body of a third victim who died after her family's home was levelled by a huge landslide in a southeastern British Columbia community.

Coroner Lisa LaPointe said 17-year-old Rachel Webber's body was found around supper time Wednesday near the front of what had been her home in the hamlet of Johnsons Landing.

LaPointe thanked everyone involved in the search, including volunteers and a forensic analyst who pinpointed the best locations to search in a debris field that covers more than 32 hectares.

IN MEMORIAM

Roland Webb

Son • Devoted Father • Brother • Primary Care Paramedic • Emergency Medical Dispatcher
BCAS Training Officer • Superintendent BCAS • Emergency Management Office Manager • BC Bike Race Medical Manager
HETS • GSAR instructor • Team First Aid First Responder Trainer • MR1 • GSTL • Hover Exit Instructor

SAFETY
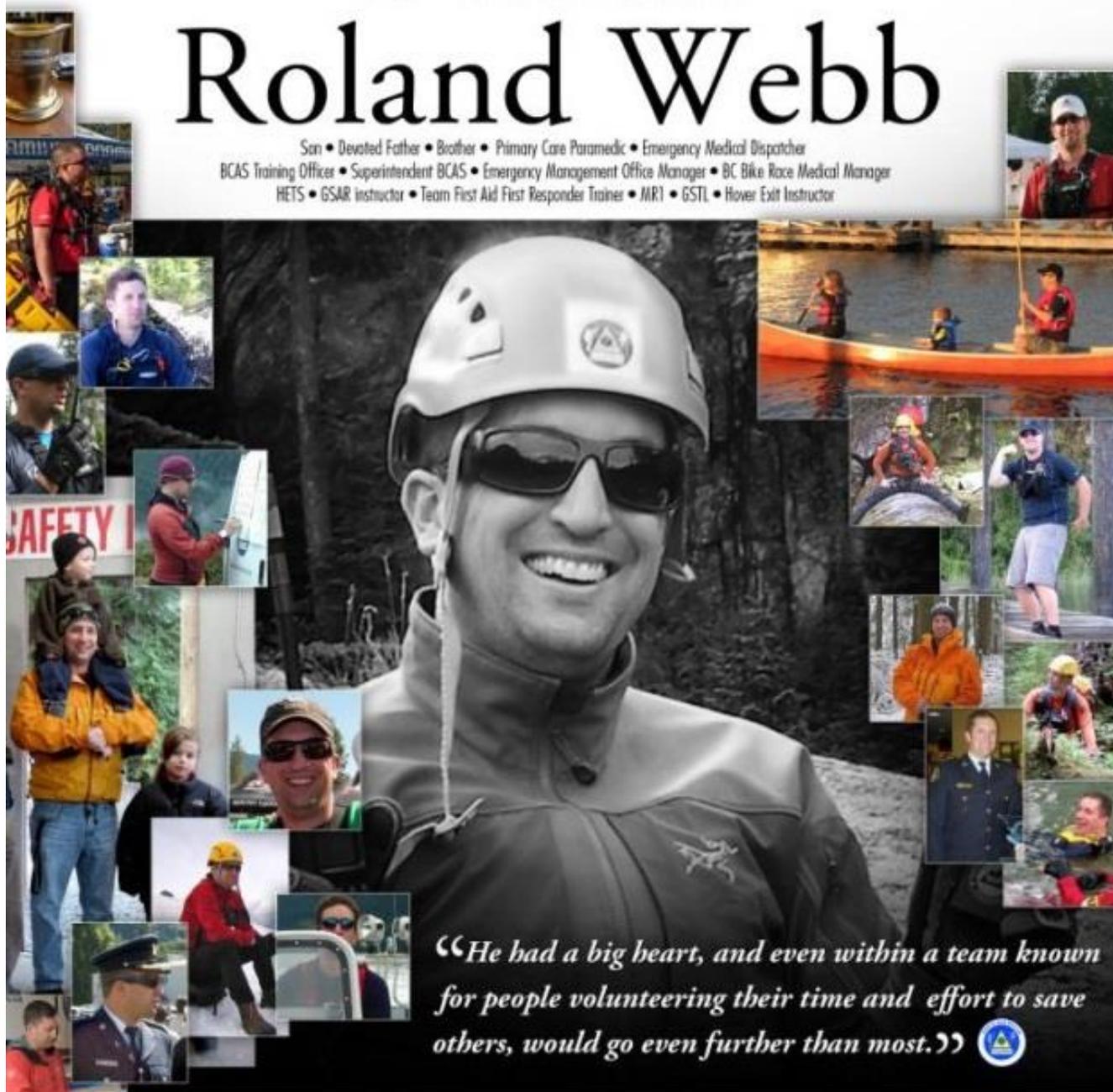
"He had a big heart, and even within a team known for people volunteering their time and effort to save others, would go even further than most."

Roland Webb

BY WEBMASTER ON 18/01/2013 · 30 COMMENTS

It is with great sadness that we received the news that our long time friend, brother, and teammate Roland Webb was killed in a pedestrian accident in Anmore on January 17.

We knew Rollie first and foremost in his role as a valuable member of our SAR team, and a very active member of the SAR community in general, although we realize that any person is much, much more than their actions in any one aspect of their life, we remember him this way.

Jason Collett

The Last Door Recovery Society in New Westminster has identified volunteer worker Jason Collett as the man killed Tuesday afternoon whose death IHIT is now investigating. The crane operator who worked evenings at the New West facility was remembered as "kind, courteous, considerate and diligent."

Tim Jones, the face of B.C. search and rescue, remembered as heroic leader

ANDREA WOO

VANCOUVER — The Globe and Mail

Published Monday, Jan. 20, 2014 4:59AM EST

Last updated Monday, Jan. 20, 2014 8:04PM EST

Comments

Print / License

AA

GLOBE UNLIMITED

The first time Tim Jones spotted the backpackers bothered him enough: Two young men, trudging through Hanes Valley on the North Shore with nothing but backpacks and a pair of snowshoes when they should have had crampons, ice axes, helmets and a range of other technical mountaineering gear. But it was the second time that really upset the long-time North Shore Rescue leader.

Successses

- As CISM requests come in, EMBC is willing to find a way to provide CISM support for SAR volunteers responding to situations outside the normal SAR mandate where volunteers are exposed to critical incident stress
- EMBC and CISM peers work collaboratively to provide additional mental health supports to volunteers when WorkSafe coverage is not available or directly attributed to a SAR task – ie external stressors subsequent to a task

To arrange an education and awareness session:
cism@bcsara.com
Questions?